



Cal Poly Organic Farm

Community Supported Agriculture Newsletter

www.calpolyorgfarm.com

ANNOUNCEMENTS

Summer fruit has arrived. Raspberries and apricots will be included in your share this coming week. These items are sourced from 3 local farms: Living Soils Farm (Cayucos, registered Organic), 7th Heaven Farm (Cayucos, CCOF Certified Organic), and Cal Poly Fruit Enterprise (conventional). CPOF has been successful in encouraging the Cal Poly Fruit Enterprise Project to utilize increasingly sustainable practices.

THE CARBON PROJECT at CPOF

CPOF will offer artisan compost for sale within the next month (5 gallon volume will be available for \$5). The compost is being created under the watchful eye of one of the county's best composters, Tim Bolander who is graciously donating his expertise to the farm and Cal Poly students. The compost ingredients are coming from Campus Dining food waste thereby reducing carbon waste. We hope you will take the time to learn a little about the benefits of compost and compost tea use and look for Tim and Cindy (Farm Manager) at the compost pile!

7th Annual UC/CSU/CCC Sustainability Conference The Cal Poly Organic Farm will host a mixer July 31 from 3-5pm for all who are interested in a local farms-to-institutions pathway. A pre-conference workshop called "farm to fork" will be taking place on that same morning. On Saturday, Aug 2nd the farm will host a mini-workshop on composting. To register and for more information go to <http://sustainability.calpoly.edu/>

- * **This week on Food Chain Radio: *Mind or Stomach?*** (#595) They say you can tell a lot about a person by the way they eat. If such is the case, we must be able to tell a lot about a nation by the history of its stomach. This leads us to ask: Which has exerted the most control over our nations history: mind or stomach? Check out *MetroFarm: The Online Magazine of Metropolitan Agriculture* at <http://www.metrofarm.com/index.php> for information on their weekly radio programs and podcasts.
- * **Save the Date:** 4th Annual Sustainable Agriculture Resource Consortium Fundraiser featuring Tim LaSalle, CEO of the Rodale Institute to be held on Thursday, October, 2nd.
- * **Now's the time to tell your friends about the CSA!** The Fall/Winter 2008-2009 season will begin on Sept. 22nd. **Find current season membership news at:** www.calpolyorgfarm.com
- * Please return CSA boxes to the farm or your pick up location so that they can be reused. You may prefer to transfer your produce into your own bag/box when you pick up. Thank you for helping to conserve valuable resources!

Week 15 Produce

July 13– July 19, 2008

Full Shares expect 10-12 items

**Small Shares expect 8-10 items
from the following list:**

- **Carrots** – *A tasty summer treat*
- **Onions** – *The word onion comes from the Latin word unio for "single," or "one," because the onion plant produces a single bulb.*
- **Cucumbers** – *Use half-inch thick cucumber slices as petite serving "dishes" for chopped vegetable salads.*
- **Summer squash** – *Serve raw summer squash with your favorite dips.*
- **Golden beets** – *Add chunks of beet when roasting vegetables in the oven.*
- **Celery root** – *Celery root can be treated like turnips and rutabagas. Grate, shred, or julienne and serve with salads, slaws, and your vegetable platters.*
- **Leeks** – *Braised leeks sprinkled with fennel or mustard seeds make a wonderful side dish.*
- **Salad mix** – *When it comes to salads, the only limitation is your imagination.*
- **Raspberries (7th Heaven)** – *Depending upon how much sweetener you use, homemade raspberry coulis can be used as a sauce for either savory poultry dishes or sweet desserts.*
- **Red Fire or Green Tropicana Lettuce (Clark Valley Farm)** – *A salad spinner can be very helpful in the drying of lettuce (and other salad ingredients as well).*
- **Apricots*** from the Cal Poly Fruit Enterprise ***(conventional)*.**
- **Strawberries** – Living Soils Farm

Unless otherwise noted, all vegetables are from the CPOF.
Unless otherwise noted, all vegetables are certified organic.

FRUIT OF THE WEEK: RASPBERRIES

Raspberries are known as "aggregate fruits" since they are a compendium of smaller seed-containing fruits, called drupelets, which are arranged around a hollow central cavity. Their shape conveys to them a very delicate, almost "melt-in-your-mouth" texture. They are fragrantly sweet with a subtly tart overtone. While the most common type of raspberry (*Rubus idaeus*) is red-pink in color, raspberries actually come in a range of colors including black, purple, orange, yellow and white. Both loganberries and boysenberries are hybrids of raspberries.

History

Raspberries can trace a long history dating back to prehistoric times. While wild raspberries are thought to have originated in eastern Asia, there are also varieties that are native to the Western Hemisphere. The seeds of these raspberries were likely to have been carried by travelers or animals that came across the Bering Strait during ancient times.

The spread of wild raspberries through the world seems to have occurred via similar means. The early hunter-gatherers traveled to far distances to collect food. On their treks back to the villages they would discard what they considered to be inferior quality foods, including the smaller sized raspberries. Thus began the propagation of these plants in other areas.

There seems to be no evidence that raspberries were cultivated until this millennia, with the first written mention being found in an English book on herbal medicine dated 1548. Raspberries began to be grown more widely in Europe and North America in the 19th century when many new varieties such as the loganberry and boysenberry were developed through either accidental or intentional crossbreeding.



Selection and Storage

- * As raspberries are highly perishable, they should only be purchased one or two days prior to use. Choose berries that are firm, plump and deep in color, while avoiding those that are soft, mushy or moldy. If you are buying berries prepackaged in a container, make sure that they are not packed too tightly, since this may cause them to become crushed and damaged, and that the container has no signs of stains or moisture, indication of possible spoilage.
- * Raspberries are one of the most perishable fruits, so extreme care should be taken in their storage. Before storing in the refrigerator, remove any berries that are molded or spoiled so that they will not contaminate the others. Place the unwashed berries back in their original container or spread them out on a plate lined with a paper towel, then cover the plate with plastic wrap. Raspberries will keep fresh in the refrigerator for one or two days. Make sure not to leave raspberries at room temperature or exposed to sunlight for too long, as this will cause them to spoil.
- * Raspberries freeze very well. Wash them gently using the low pressure of the sink sprayer so that they will maintain their delicate shape and then pat dry with a paper towel. Arrange them in a single layer on a flat pan or cookie sheet and place them in the freezer. Once frozen, transfer the berries to a heavy plastic bag and return them to the freezer where they will keep for up to one year. Adding a bit of lemon juice to the raspberries will help to preserve their color.
- * Anthocyanins are found in fresh and frozen berries, but not in processed foods. This may be due to anthocyanins' unique chemical structure, which renders them unstable even at a neutral pH and therefore much more susceptible to destruction during processing than other phytonutrients, such as proanthocyanidins. To give your children the full health benefits of berries, purchase fresh or frozen berries and purée them.

Health Benefits

Raspberries are an excellent source of fiber, manganese and vitamin C. They are a good source of vitamin B2, folate, niacin, magnesium, potassium and copper. In addition, they contain significant amounts of the anti-cancer phytochemical ellagic acid.

Preparation Tips

As raspberries are very delicate, wash them very gently, using the light pressure of the sink sprayer if possible, and then patting them dry. They should be washed right before eating or recipe preparation so that they do not become water-soaked and are not left at room temperature for too long. Do not use any berries that are overly soft and mushy unless you will be puréeing them for a sauce or *coulis*.

A Few Quick Serving Ideas:

- * Mix fresh raspberries in with creamy millet porridge for a sweet morning breakfast treat.
- * While at first glance it may seem unusual, the flavor combination created by sprinkling fresh raspberries with balsamic vinegar will send your palate to heaven.
- * Plain yogurt mixed with raspberries, honey and freshly ground mint is delicious eaten as is or used as a topping for waffles or pancakes.
- * Almond butter and raspberry jam are a flavorful alternative to the traditional PB&J sandwich.

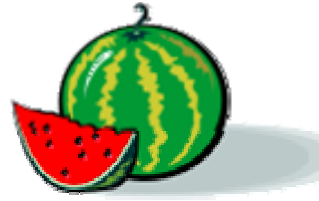
Raspberry Coulis

2 1/2 cups fresh raspberries
1/4 cup sugar
1 teaspoon fresh lemon juice, or to taste

1. Purée raspberries with syrup, sugar, and lemon juice in a blender or food processor.
2. Pour mixture through a fine sieve into a bowl, pressing on solids. Coulis keeps 3 days, covered and chilled. *Makes about 1 cup.*

Watermelon and Raspberry Sorbet

1 cup water
2/3 cup sugar
a 2 3/4-pound piece of watermelon, rind and seeds discarded, flesh cut into chunks (4 1/2 cups)
4 teaspoons fresh lemon juice
1 cup fresh raspberries



1. In a saucepan simmer water with sugar, stirring, until sugar dissolves.
2. In a blender purée watermelon, sugar syrup, lemon juice, and 1/2 cup raspberries and strain through a fine sieve into a bowl, pressing hard on solids. (Chill mixture, covered, until cold, about 2 hours.)
3. Freeze mixture in an ice-cream maker. Serve scoops garnished with remaining 1/2 cup raspberries. (Sorbet may be made 1 week ahead.) *Makes about 5 cups.*

Baby Spinach and Raspberry Salad

1/4 cup sunflower seeds
1/4 cup white balsamic vinegar
1 tsp honey
1 tbsp each chopped fresh parsley, tarragon, chives and basil
1 clove garlic, minced
1/2 small shallot, minced
1/4 cup canola oil
8 cups baby spinach
1 cup fresh raspberries
2 oranges, peeled, membranes removed, segmented
1 red bell pepper, cored, seeded and cut into 2-inch strips
1 medium carrot, peeled and coarsely grated

1. Heat oven to 350°F. Toast sunflower seeds on a cookie sheet for 4 minutes.
2. Whisk together vinegar, honey, herbs, garlic, and shallot. Slowly whisk in oil. Season with salt and pepper and set aside.
3. In a bowl, toss spinach with 2 tbsp vinaigrette. Season with salt and pepper. Toss with sunflower seeds and remaining ingredients and serve. *Makes 4 servings.*

Raspberry Corn Muffins

1 cup yellow cornmeal
1 cup all-purpose flour
1/2 cup sugar
1 teaspoon double-acting baking powder
1 teaspoon baking soda
1/4 teaspoon salt
2 large eggs
1 1/4 cups plain yogurt
1/2 stick (1/4 cup) unsalted butter, melted and cooled
1 cup fresh raspberries



1. Preheat the oven to 375°F. and butter well twelve 1/2-cup muffin tins.
2. In a bowl whisk together the cornmeal, the flour, the sugar, the baking powder, the baking soda, and the salt.
3. In another bowl whisk together the eggs, the yogurt, and the butter, add the flour mixture, and stir the batter until it is just combined. Fold in the raspberries gently, divide the batter among the muffin tins, and bake the muffins in the middle of the oven for 20 minutes, or until a tester comes out clean. Let the muffins cool in the tins on a rack for 3 minutes, turn them out onto the rack, and let them cool completely. The muffins may be made 1 day in advance and kept in an airtight container. *Makes 12 muffins.*

Roasted Beet Salad with Beet Greens and Feta

6 tablespoons extra-virgin olive oil
2 1/2 tablespoons red wine vinegar
1 tablespoon minced garlic
7 medium-large beets (about 3 inches in diameter) with greens
1 cup water
2 tablespoons chopped drained capers
3/4 cup crumbled feta cheese (about 3 ounces)



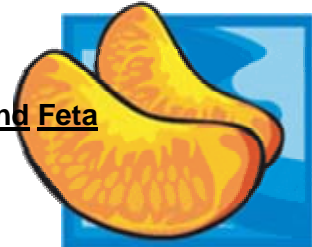
1. Preheat oven to 375°F. Whisk oil, vinegar and garlic in small bowl to blend. Season dressing generously with salt and pepper.
2. Cut green tops off beets; reserve tops. Arrange beets in single layer in 13x9x2-inch baking dish; add 1 cup water. Cover; bake until beets are tender when pierced with knife, about 1 hour 10 minutes. Peel beets while warm. Cut beets in half and slice thinly. Transfer to large bowl. Mix in capers and 1/4 cup dressing. Season with salt and pepper.
3. Cut stems off beet greens; discard stems. Wash greens. Transfer greens, with some water still clinging to leaves, to large pot. Stir over high heat until just wilted but still bright green, about 4 minutes. Drain greens; squeeze out excess moisture. Cool; chop coarsely.
4. Transfer greens to medium bowl. Toss with enough dressing to coat. Season to taste with salt and pepper.
5. Arrange beets in center of platter. Surround with greens; sprinkle with feta. Drizzle with any remaining dressing.

Serves 6.

Lettuce Greens and Vinaigrette

1 shallot (optional)
Salt
2 tablespoons red wine vinegar
5 to 6 tablespoons extra virgin olive oil
Assorted lettuce greens, amount to taste

1. Peel the shallot and cut into very thin slices. Put in a small bowl with a pinch of salt and the vinegar. Let the shallot soak in the vinegar for 15 to 20 minutes, then stir in the olive oil and mix well. Taste to see if the balance of vinegar and oil is right — you might need to add more of one or the other.
2. To prepare the lettuces: Remove any damaged leaves on the outside. Separate the heads into individual leaves. Tear large leaves into smaller pieces. Wash them and gently in a bowl in plenty of cold water. Lift the lettuces out and drain.
3. Spin dry in a salad spinner or lettuce drier. Only fill it half full at a time. The most important thing is to have dry lettuce or the dressing won't coat the leaves. As they are dried spread them out on a towel. Roll the towel up loosely, put in an airtight bag, and refrigerate until ready to serve.
4. Toss the salad in the vinaigrette dressing just before serving.



Lettuce Salad with Candied Walnuts, Oranges, and Feta

1 cup walnut pieces
2 tablespoons water
2 tablespoons sugar
1/4 cup white wine vinegar
1 teaspoon grated orange peel
1/4 teaspoon dry mustard powder
3 tablespoons walnut oil or olive oil
3 tablespoons olive oil
1 large head Bibb or other lettuce, leaves torn
2/3 cup coarsely crumbled feta cheese or blue cheese (about 3 ounces)
2 oranges

1. Preheat oven to 325°F. Scatter nuts on rimmed baking sheet. Add 2 tablespoons water and sugar; toss until sugar dissolves and syrup coats nuts. Roast until water evaporates and nuts are crisp, stirring once, about 15 minutes. Cool on sheet.
2. Whisk vinegar, orange peel, and mustard in small bowl to blend. Gradually whisk in walnut and olive oils. Season dressing with salt and pepper.
3. Combine lettuce and cheese in large bowl. Cut peel and pith off oranges. Cut between membranes, releasing orange segments. Add segments and walnuts to salad. Toss with enough dressing to coat. Serve, passing remaining dressing.

Makes 4 servings.